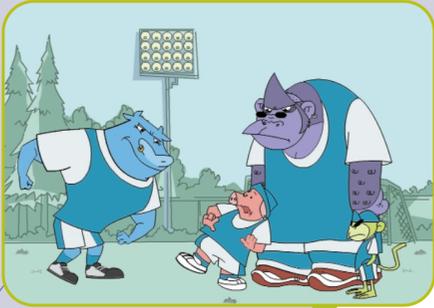


# What is bullying?

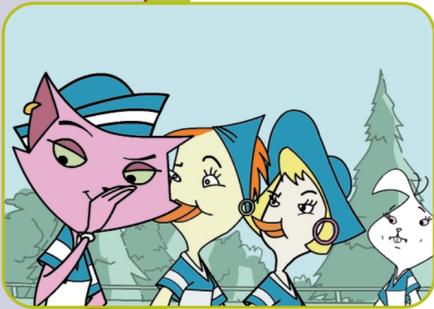
Bullying happens when someone hurts or scares another person on purpose. The person being bullied has a hard time defending himself or herself. Usually, bullying happens over and over.



Hitting, kicking, shoving, and other physical kinds of bullying



Taunting, teasing, name-calling



Spreading rumors about others



Excluding or ignoring others in a mean way



Taking money or other belongings



Sending mean e-mails or notes



**STOP**  
**BULLYING**  
TAKE A STAND. **NOW!** LEND A HAND.

[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)